

The Breeze

B

COURTSIDE CHARACTER

Catie Harper

Women's basketball
head coach makes the
professional personal

SPORTS

24

NO MEANS NO

Matthew Sasser

Virginia Senate passes bill requiring
consent be taught in high schools

NEWS

9

FREE SPEECH IN SPORTS

Kevin Romm

Columnist argues #PleaseStand ad
isn't politically motivated

OPINION

10

BELGIAN BREAKFAST

Kailey Cheng

New food truck offers deluxe
waffles to Harrisonburg community

CULTURE

16

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Upcoming Events

Friday

- ☼ Eclipse Season Concert
at The Golden Pony
8 - 11 p.m.
- ☼ First Friday Opening
at OASIS Fine Art & Craft
5 - 8 p.m.

Saturday

- ☼ Winter Bend & Brews
Taproom Yoga
at Three Notch'd Valley
Collab House
10:30 a.m. - 12:30 p.m.
- ☼ JMU men's basketball vs.
Towson
at Convocation Center
4 p.m.

Sunday

- ☼ Chili Bowl and Super
Bowl Party
at Brothers Craft Brewing
Noon - 11 p.m.



CULTURE 22

PICTURE PROFESSIONAL
Photo series depicts JMU
professor in different career
paths

LOREN PROBISH / THE BREEZE



SPORTS 27

2018 SUPER BOWL PREVIEW
Two very different No. 1 seeds
are pitted against each other

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LAURA VANDEMARK / THE BREEZE

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MISSION

The Breeze, the student-run newspaper of James Madison University, serves student, faculty and staff readership by reporting news involving the campus and local community. *The Breeze* strives to be impartial and fair in its reporting and firmly believes in First Amendment rights.

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Mental health measures

JMU researchers study suicide rates and their effect on students



JORDAN COOK / THE BREEZE

Professors at JMU have performed interviews and studies in an attempt to understand mental health. Many JMU students volunteered to participate in the study to better understand the nature of suicidal thoughts.

By **CHRISTY FREITAG**
The Breeze

As the rate of college students suffering from mental illness increases nationwide, a team of JMU psychologists works to measure suicidal ideology on campus. According to the National Data on Campus Suicide and Depression, one in every 12 U.S. college students makes a suicide plan. The Centers for Disease Control and Prevention has found that suicide is the second-leading cause of death among 15-34 year olds.

Associate psychology professor Ken Critchfield and assistant communication studies professor Lindsay Harvell-Bowman teamed up last January to conduct interviews with JMU undergraduate students who experienced suicidal thoughts or actions. The research attempted to understand thematically what might be contributing to the rise of mental illness on campus.

"The counseling center reported that for every one percent increase in the JMU population, we have a five percent increase in students seeking counseling services here at JMU," graduate psychology student and research assistant Fabrice Ndzana said. "One third of the students that go to the counseling center are reporting dealing with thoughts of suicide."

Ndzana assisted Critchfield with interviewing JMU students who volunteered to share their personal experiences with suicidal thoughts or actions with the team of psychologists. The students were asked to discuss topics like their thoughts on dying and the adverse effects it would have on others in their lives. Ndzana's job was to ensure the participants were emotionally safe to leave after the interviews.

Before his involvement with this study, Ndzana worked with suicidal teenagers at the Commonwealth Center for Children and Adolescents in Staunton, Virginia. He also participated in Walk for Hope, an annual suicide awareness event in Harrisonburg. Ndzana noticed himself struggling with feelings of depression as he transitioned through major changes in his life, and became interested in looking at mental illness from a clinical perspective.

"I became curious about how some people go through a crisis and they thrive, while others go through a crisis and they don't survive that crisis," Ndzana said. "This [study] was my opportunity to listen to students and hear what their 'points of resilience' are or areas where they could be at risk."

The interview sessions were held in Miller Hall during the months of October and November. The team is currently analyzing the data from the interviews, which will be used to more broadly understand suicidality at JMU.

"I think the very fact of coming [to the sessions] could be a good sign of resilience and wanting to do something to participate in something bigger than themselves," Ndzana said. "I remember a few of them said, 'I hope this will be helpful, I hope this will help someone else.' I know it's sad to see that a lot of people filled those slots, but it's also a sign

that people are willing to be engaged."

While Critchfield, a practicing clinician, and Ndzana specialized in the clinical perspective on suicidality, Harvell-Bowman was interested in looking at their findings from a theoretical standpoint.

"I'd always wondered how suicidal people, when you have this evolutionary desire to live, how do they shortcut around that?" Harvell-Bowman said. "Why doesn't that kick in and make them stop doing what they're doing?"

Four of Harvell-Bowman's students in her Terror Management Lab acted as the interviewers in the study. They were trained by Jennifer PeeksMease, an assistant communication studies professor, on how to make participants feel comfortable in disclosing their

thoughts for this research.

"I was able to trust my lab in handling this horribly sensitive topic maturely and they were perfect," Harvell-Bowman said. "They far exceeded my expectations."

Although the pool of participants for this study was limited to JMU undergraduates, Critchfield, Harvell-Bowman and Ndzana are already planning another round of interviews in the spring of 2019. They hope to expand past college-aged participants to a clinical population beyond JMU.

The three of them praised JMU as an institution for seeing the importance of the research. The

team worked closely with the Counseling Center to provide resources for individuals experiencing higher degrees of suicidal thoughts.

"Our interest here, in many ways, is a desire to help this community and see what its needs are as well as to speak to research questions," Critchfield said. "There's so many competing views about what suicidality is that I think it's a refreshing approach that, instead of staying distant and picking up some empirical data points and making theories, the approach here is to bring folks in and ask them. Maybe that's groundbreaking, but it shouldn't be."

When considering the significance of this study, the three researchers agreed that simply allowing a non-clinical space for students to discuss mental illness comfortably may separate this study from others.

"It probably hasn't been risked outside of the clinical setting and that's groundbreaking," Critchfield said. "JMU as an institution trusted us enough to take on this risk. But our experience so far is that it's not actually a risk. It's a helpful thing to be doing to reduce the stigma."

While the hope for the study is to add insight to this nationwide epidemic, the three researchers are focused on the small, but important, impacts this study may have on JMU students.

"When we think of change or groundbreaking events, we look for the big themes," Ndzana said. "But I think just the fact that we can sit and discuss a very stigmatized topic actually tells students experientially that it's OK to talk about [suicidal thoughts] and can talk about with somebody they don't know and can walk away not feeling unsafe."

CONTACT Christy Freitag at freitacd@dukes.jmu.edu. For more coverage of JMU and Harrisonburg news, follow the news desk on Twitter @BreezeNewsJMU.

"One in every 12 U.S. college students makes a suicide plan"

-National Data on Campus Suicide and Depression



MADISSON HAYNES / THE BREEZE

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WILL CARMACK / THE BREEZE

The local community is celebrating Black History Month through a series of events in the area, including the Martin Luther King Jr. march, which was held in January. The photo above shows the annual march in 2017.

By MADISSON HAYNES
The Breeze

Since its founding in 1926, Black History Month has become a large part of society, promoting inclusion and highlighting the black community and its successes. The local community, particularly JMU, sees black history as something to be celebrated year-round.

JMU's Center for Multicultural Student Services is hosting events in February to celebrate Black History Month and outstanding individuals in the black community.

While Harrisonburg only hosts one event — a Martin Luther King Jr. celebration in January to support black history — the Lucy F. Simms Continuing Education Center in Harrisonburg hosts events for Black History Month. The Simms school was built in honor of Lucy F. Simms herself, who spent much of her life teaching over 1,800 African-American students in the Harrisonburg area.

Harrisonburg Mayor Deanna Reed believes the Simms school provides quality education for the community. As the first female African-American mayor of Harrisonburg, she believes that Black History Month should be celebrated and taught throughout the entire community.

"It's important that both the city and the students of JMU come together and we discuss black history and we discuss those important people that [are] significant to our community and to our city — that African-American culture," Reed said. "It's important that you all know about us and about how we contributed to the city of Harrisonburg."

C M S S is teaching the community about the history and culture through other events such as black history trivia at JMU. Reed believes education is the most important aspect of Black History Month.

"There is a rich history in Harrisonburg that focuses on the African-American heritage here," Reed said. "The Dallard-Newman home, Lucy F. Simms, Newtown Cemetery, Elon Rhodes ... all of the people and history of our heritage is significant not only to the northeast neighborhood, but also to the city of Harrisonburg."

Jasmine Holliday, a junior justice studies

major, is the vice president of the JMU Black Student Alliance. She also believes February isn't the only month to celebrate black history within both the JMU and Harrisonburg communities.

"JMU is acknowledging diversity and the black community on this campus," Holliday said. "It's highlighting the great things black

Americans have done in general on this planet, in America. We've come so far — we deserve to be highlighted for the great things we've done, not only in this month, but in every month."

The JMU Black Alumni Chapter firmly believes in educating society about black history and heritage, involving local communities in the process.

"In order to know our future, we must know our past and the foundation established [for] us to continue to progress as a community for the betterment of society in whole," the chapter said in an email. "We all understand Black History month to be an annual celebration

"In order to know our future, we must know our past and the foundation established [for] us to continue to progress as a community for the betterment of society in whole."

JMU Black Alumni Chapter

of achievements by black Americans and a time for recognizing the central role of African Americans in U.S. history."

The alumni chapter operates at the core of black alumni who took part in the integration of JMU. The chapter focuses on bringing communities together across the world.

"By continuing to educate ourselves and celebrate black history, we are further pushing the inspiring narrative of black Americans at JMU that is inclusive to all, in [an] attempt to change the course of history and move us closer to a more equitable university, nation and world," the chapter said.

Reed believes the culture of Harrisonburg shows through its influential people and projects. She hopes to be one of those influences as well.

"The reason why I ran for city council was because it was important that young black girls, and girls of color, to see someone look like them sitting on city council — that was very important to me," Reed said. "It's important that I show that to those young girls so they can see that they could do it too."

CONTACT Madisson Haynes at breezenews@gmail.com. For more coverage of JMU and Harrisonburg news, follow the news desk on Twitter @BreezeNewsJMU.

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|----------|----|----|----|----|----|----|
| February | | | | | | |
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| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | | | |

5

History of Black History Month
7-9:30 p.m. – Madison Union 256

6

Shazam: Black History Trivia
7:13-8:30 p.m. – Festival Conference Room 8

8

#What's Popping? Black History Edition
7-9 p.m. – Madison Union 302

Sarah Madden 1758-1824
7 p.m. – Lucy F. Simms Center

13

Black History Trivia
8-10 p.m. – Madison Union 309

One Room Schoolhouses and their Teachers
2 p.m. – Lucy F. Simms Center

17

A Narrative Event of the Life of Jourden H. Banks - An Escaped Slave
7 p.m. – Lucy F. Simms Center

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In Brief

World:

On Wednesday, lawmakers voted 49-4 to approve a ban on ivory trading in Hong Kong by 2021. To deter smuggling operations, the new law doubles the current maximum penalty to 10 years in prison and \$1.3 million in fines. Current law allows for elephant ivory to be sold if it existed before an overall ban in 1990. As Hong Kong is considered to be the world's largest ivory market, wildlife activists believe this is an important step toward protecting the elephant population. Hong Kong announced that it won't be compensating ivory traders currently operating within its borders.

National:

The FBI stated that it has "grave concerns" regarding the accuracy of a four-page memo containing details of the Trump-Russian investigation. The bureau said the memo omitted key facts that "fundamentally impact the memo's accuracy." House Speaker Paul Ryan stated that the memo shouldn't be used in association with special counsel Robert Mueller's own investigation. The memo was drafted by the House Intelligence Committee and allegedly reveals that the FBI used improper surveillance tactics as part of its ongoing investigation into potential connections between the Russian government and the Trump campaign. White House Chief of Staff John Kelly stated that the memo "will be released here pretty quick."

Local:

An Amtrak train carrying members of Congress to a Republican retreat in West Virginia slammed into a garbage truck Wednesday. The crash occurred in Crozet, Virginia, which is east of Waynesboro. While no legislators were killed, several passengers and at least one congressman were rushed to the hospital with minor injuries. The White House confirmed that in addition to one serious injury, the driver of the truck was killed. Amtrak stated that two crew members and two passengers sustained injuries. The Republican retreat is for party members to discuss the year's agenda and is expected to continue as scheduled.

CONTACT the news desk at breezenews@gmail.com. For more coverage of JMU and Harrisonburg news, follow the news desk on Twitter @BreezeNewsJMU.

Arrest Reports

56 arrests including:

- 6** assault and battery
- 4** probation violation
- 4** possession of marijuana
- 10** possession of child pornography

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DATA FROM JAN. 22-28



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Set the standard

Virginia law to require education on consent

"It's so important for students to be taught about this before they go to college and before they're 18."

Kara Pyles

Director of programs and development
at New Directions Centers

DANIEL GLYMPH / THE BREEZE

By **MATTHEW SASSER**
The Breeze

The Virginia Senate passed legislation Jan. 23 that requires high schools in Virginia to teach the topic of consent and how it can be included in the state's existing family life education program.

Before SB 101 was passed, many high schools in Virginia already taught the topic of consent as part of the family life education curriculum. Now, the instruction of consent is mandatory for all school divisions to incorporate into the existing programs.

"I think it's so important because there's not a day in the recent past on the news or in social media where we don't hear about accusations of sexual violence or exploitation," Maria Simonetti, executive director of the Collins Center, said.

The Collins Center is an organization in Harrisonburg that helps victims of sexual assault and violence. The center provides prevention and education programs to end sexual violence, as well as mental health counseling for the community. They have a 24-hour sexual assault crisis hotline, which can be reached at 540-434-2272.

SB 101 will only require the topic of consent to be taught at the high school level, but Simonetti believes it's never too early for individuals to be aware of the importance of consent.

"I wish they were starting earlier," Simonetti said. "High school can be late because young people develop their beliefs around these issues earlier, around middle school. It's important that schools are able to provide age-appropriate, accurate information to help young people understand assault."

While this bill may provide changes in the family life education program for areas throughout Virginia, it doesn't change any of the policies regarding consent adopted by Harrisonburg City Public Schools.

"Regardless of whether it was a bill or not a bill, our school systems had the option of having that in the curriculum," Scott Kizner, superintendent of HCPS, said. "We have been putting that as part of our family life education program for the last few years."

HCPS currently has a partnership with JMU's Office on Children and Youth, which delivers part of the family life education program

presented at the high school level.

"The more we're open and honest and give our students information, the better they're in a position to make the right decisions," Kizner said.

Last year, a similar bill involving consent being taught in high school was almost passed in the Virginia Senate. Kara Pyles, director of programs and development at New Directions Centers, attended its lobbying in the Senate, but it didn't come to fruition.

"I think with the recent allegations of sexual assault, consent is becoming more of a part of the situation now," Pyles said. "People are educating themselves more about it."

New Directions Center is a local nonprofit that works to reduce the impact of sexual and domestic violence. The center provides counseling and court advocacy for those in Augusta, Rockingham and Waynesboro counties.

"I think that there is a lot of misunderstanding about consent and how it should be taught," Pyles said.

One of the arguments against consent being taught at the high school level is that the majority of students in high school can't legally consent due to being under the age of 18. The topic of consent is also not universally recognized, as "half of college students do not know the definition of consent and the potential ramifications of not receiving consent," according to a Washington Post-Kaiser Family Foundation poll.

"People are aware that college is a time where people need to know about consent before their first class," Pyles said. "I think that's why it's so important for students to be taught about this before they go to college and before they're 18."

Comprehensive sexual education, involving the topic of consent, hasn't been adopted nationwide, but Virginia is attempting to set the standard for the topic of consent to be taught in a way that best prepares students for the future.

"We know that sexual assault on college campus is pervasive for people ages 18-24 have the risk of being victims of sexual assault," Pyles said. "The first few months of college for freshmen is the highest time for risk."

Now that SB 101 has been passed and the teaching of consent as part of the family life education programs around the state, there's

hope for some that this is a topic that becomes more approachable and familiar in the learning environment.

"Even just a year ago I'm not sure people were familiar or comfortable with the topic," Pyles said. "I think it's an important step for the government and society as a whole to

recognize officially that this is something that happens and is something we can prevent."

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Standing ovation for the NFL

Veteran #PleaseStand ad banned

PHOTO COURTESY OF TRIBUNE NEWS SERVICE
GRAPHIC BY DANIEL GLYPH / THE BREEZE

KEVIN ROMM | freedom of thought



For non-football fans, excitement surrounding the Super Bowl typically includes the highly anticipated commercials.

Companies fork out millions of dollars for just 30 seconds or less of airtime, hoping to get viewers talking about their brand.

Usually the chatter about ads starts after kickoff, but for over a week now, one ad has been getting all the attention leading up to this Sunday's Super Bowl. It's not even a commercial — but rather, a single page in the program with the hashtag #PleaseStand.

Paid for by American Veterans, the ad seeks donations for those who've served in the U.S. military. However, the NFL has decided to reject the ad in this year's program because of how it may be perceived.

NFL spokesman Brian McCarthy told USA Today that the Super Bowl has "never been a place for advertising that could be considered by some as a political statement."

An American veterans' group requesting people to stand isn't a political statement.

It's not a political statement when the public address announcer does the same and says, "Please rise and remove your caps for the national anthem." So it's hard to think it's any different when those who are willing to sacrifice their lives for the flag ask that very question.

When former San Francisco 49ers quarterback Colin Kaepernick started the kneeling movement last season, that was a political statement. He knelt to spark conversation and promote change, which some people may not agree with, but regardless, it's his right to do so.

AMVETS National Commander Marion Polk acknowledged the group's respect for those rights in a letter to NFL Commissioner Roger Goodell, and argued that "freedom of speech works both ways."

"Imposing corporate censorship to deny that same right to those veterans who have

secured it for us all is reprehensible," Polk continued.

The NFL has every right to refuse the ad, but by doing so, they're digging themselves an even bigger hole. The NFL has certainly been plagued by protests, mostly because of responses similar to this.

"It's not a political statement when the public address announcer does the same and says, 'Please rise and remove your caps for the National Anthem.'"

Kevin Romm

Consequently, the NFL has seen ratings drop dramatically. Games broadcast on NBC's "Sunday Night Football" dropped to its lowest number since 2008, while "Thursday Night Football" and ESPN's "Monday Night Football" declined for a third straight year.

The Super Bowl has been the NFL's saving grace in terms of ratings over the past decade, as the last eight have been the most-watched programs in U.S. television history. However, this year a ratings reversal could be coming.

A lot of people watch sports to avoid politics and issues dividing our country. But

the NFL has become a place where the two merge together, which has been a turn-off to much of its fanbase.

Kaepernick himself has stated publicly his respect for those who serve in the military, and that his protest isn't against them. But by refusing this ad, the NFL is muddying the water and making it seem like those kneeling are doing so in protest of the military.

The confusion caused by this kind of response continues to stir division, as people perceive the issues and form opinions based on inaccurate facts. The NFL made the AMVETS ad into a political statement when it was far from that.

The purpose of the ad was clear, which Polk also outlined in his letter to Goodell:

"A simple, polite request that represents the sentiment of our membership ... Our ad is neither a demand nor a judgment upon those who choose to kneel."

If that request is a political statement like the NFL claims it to be, then every public address announcer who makes the same request before every game must be running for office.

Kevin Romm is a senior media arts and design major. Contact Kevin at rommke@dukes.jmu.edu.

Society needs more 'bad' feminists

RISHMITA AICH | pride and prejudice



I might be failing as a feminist. I judge my female friends when they let their boyfriends take the check for the entire table instead of splitting. I sigh when they talk about being insecure. I cringe when they wonder out loud whether the dress they're wearing would suit the eyes of their beloved. I imagine them as the human equivalents of attractive junk bonds who'd parlay those restaurant bills, southern etiquettes and glitzy dresses into a picket-fence American life, destination weddings, rich husbands, followed by richer divorces. In thinking that, I might be belittling my entire gender or inching toward a richer realization of the beauty of bad feminism.

Over the last few years, being a "bad" feminist has become the most denigrated form of insult that could be associated with a woman. It used to be slander that was thrown at women who didn't comply to male-bashing and timidly voiced how "all men aren't same." Now, it's everything from liking the color pink, crying over boys, to not voting for Hillary Clinton or putting on makeup. Sometimes, I wonder if in this uproar to bring justice to the years of inequality, misdemeanor, delayed voting rights, unequal pay and many more injustices, we've traded our sensibility for some prime-time valiance. We've decided that the only way to make ourselves heard is by sacrificing our unity and eradicating the feminine out of feminism.

When the widely debated #MeToo movement pierced through all the locked doors of oppression, no one was exempt. From Hollywood moguls to university professors, we realized our world was splattered with predators when some agonizing tales surfaced from every nook and cranny of the country. Yet, somewhere, this steady stream of the movement digressed from a quench for long-deserved justice to the realm of distorted feminism. When Canadian author Margaret Atwood was publicly scorned for demanding legal due process for a male writer accused of sexual assault, I realized the methodically moving revolution had turned into an angry mob display, where right and wrong dissolved into a common ruckus of rage and it'd only stop at the guillotine of public shaming. To be honest, the storm of criticism against Atwood sparked the same question in my head as it did when I doubted

that my friends were financially independent from their boyfriends: Am I a bad feminist? "There's no such thing as a perfect feminist. All of us have contradictions," said Professor Matthew Ezzell, associate Professor of Sociology and a member of the advisory board of the women and gender studies minor. "There are different traditions within feminism and there's often disagreements about where those lines will be drawn but what's important for us is to be honest with ourselves and own those contradictions and think about moving forward."

I think this is where bad feminism plays a major role in helping us move forward and keeping rebellions from turning into riots. It's a safety net against extremism. Celebrating the companionship of a newly developing relationship isn't servility. Neither is questioning the lawful proceedings of a legal case. To think otherwise would mean joining an angry mob. It's important for a bad feminist to stay in touch with everyday American women, who deserve to have full, satisfying lives just like their male counterparts and should also feel entitled to express unpopular opinions. Being bad feminists helps us celebrate the inconsistency, the humaneness of our gender, where women are neither goddesses nor victims.

When American comedian Aziz Ansari was thrown under the bus for an unvetted, amateur recount of a woman's awful first date with him, the angry mob found its new victim, without vetting both sides of the story. That's when New York Times' Bari Weiss summed up the derailment of the movement in a few succinct words, "It transforms what ought to be a movement for women's empowerment into an emblem for female helplessness." This troubling new peak of radical feminism soars due to the instant accumulation of personal narratives and its addiction to outrage. I think being a bad feminist instead of a radical one makes us question and introspect the direction we're heading to at every step.

I don't think I'm qualified enough to define what true feminism really is — but I know what it isn't. It isn't the end of men, triumph of women or shaming of women who stand by men or want a picket-fence American life. It isn't about winning. I think it's time that we all embrace the bad feminist in us to heal our fractured culture and end the gender wars to move toward equality, not a series of backlashes.

Rishmita Aich is a senior media arts and design major. Contact Rishmita at aichrx@dukes.jmu.edu



KAT ELLIS / THE BREEZE

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HANNAH ROBINSON | medicine for the soul



Last Wednesday, I was transported back to the summer of '65. My grandmother was in her early 20s, and to her, the world felt like a maze she was blindly navigating. As she spoke, I found myself soaking up her unique perspective like an eager little sponge. I hung onto her every word in the same way I savor the last bite of a very good meal — her stories filled me up.

For as long as I can remember, my grandparents were larger than life. To me, their bodies were comprised of more pixie dust than atoms — or whatever other things my fifth grade science teacher tried to convince me of. I had a strange, visceral feeling their gray speckled hair and soft, leathered hands weren't of this world, that perhaps they were from somewhere far away where patience never ran out and lollipops lived in purses. There was something ethereal about the way their eyes moved when they told their highly embellished and extremely hysterical stories. During their visits, the living room would transform into the thick jungles of Vietnam and just next door, the kitchen morphed into my grandfather's small house on Mulberry Street, still burning in the Kansas heat.

When my grandparents arrived in town, anything could happen. At the time, their stories felt like a thing of dreams. They were more like tales told at campfires where a concoction of marshmallows and chocolate burned the inside of my cheeks than a real-life account of their lives. However, as I grew older, the far-off places seemed closer than before and the villains were suddenly given humanizing characteristics. After a while, the bedtime stories settled into reality and became lessons wrapped in unsuspecting packages.

According to Dr. Karl Pillemer of Cornell University, the relationship between grandchildren and their grandparents is second in emotional importance only to the parent-child relationship. Furthermore, a recent study at Boston College found that an emotionally close relationship between grandparents and their grandchildren results in fewer symptoms of depression in

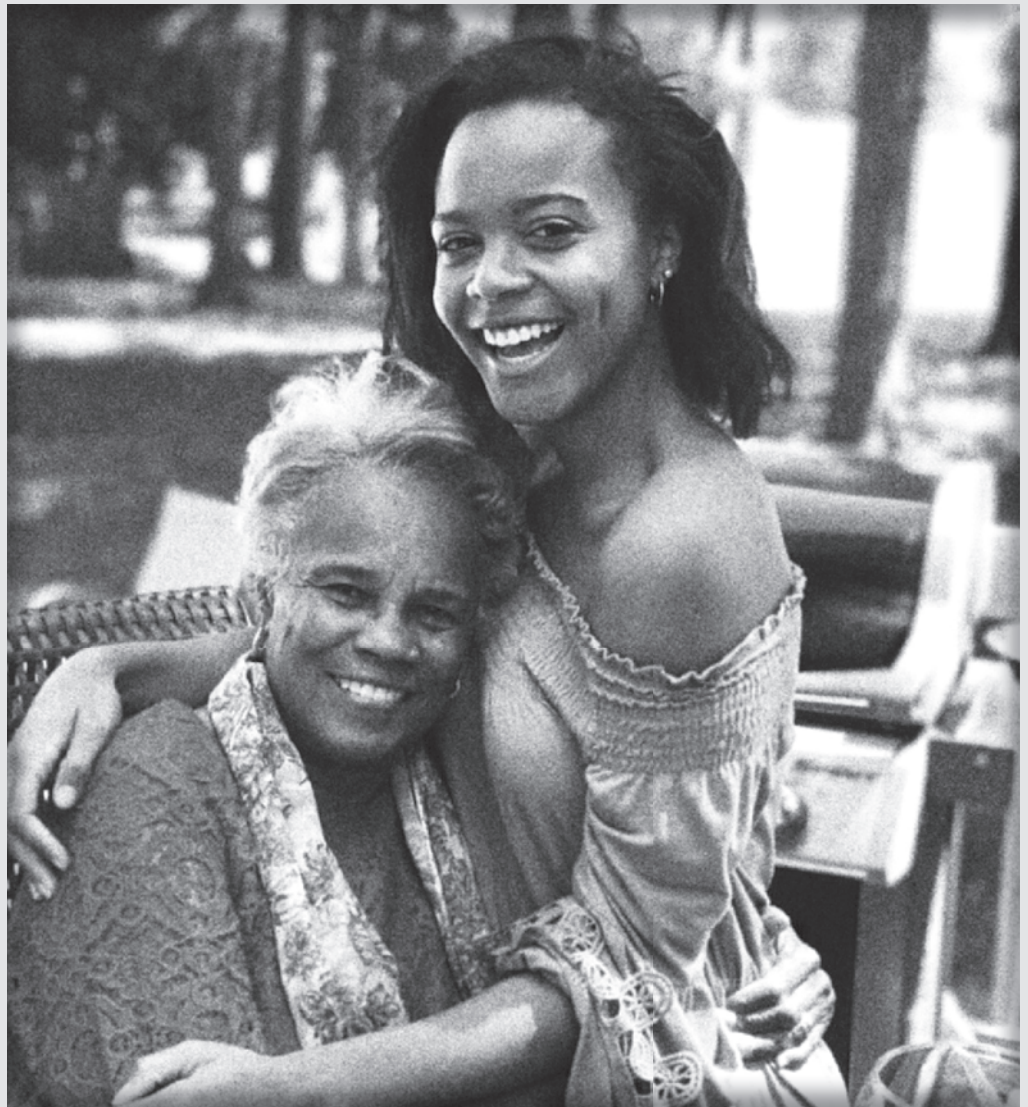
both generations. Consciously seeking connections with older generations may just be the healing mechanism our generation has been looking for. With the political world teeming with tension and resentment on both sides, it's more important than ever to bridge the gap between generations and begin working together.

The key to building these relationships is considering the fact that we have more things bringing us together than what pulls us apart. My grandparents' generation were fighters, just like us — their passion and voices are the reason we live the life we do today.

This past Thanksgiving, my family and I drove to Albany, Georgia, to spend the holiday with my maternal grandmother. After a week with her, I left realizing how strong of a lineage I come from. My family spent hours on the floor of my grandmother's house looking through old photos and listening to the stories that made us who we are. We drove around the city as she pointed out where she did her first sit-in, and I watched her smile as she reminisced about marching with Martin Luther King Jr. I found myself filled with so much appreciation and love for her and the trials she's overcome.

Forging relationships with older generations proves to be mutually beneficial for both parties. As the millennial learns and listens, the older individual is able to pass on their stories, creating a legacy that lasts. I know a lot of people who never had the luxury of knowing their grandparents or those who lost theirs early in their lives. Even if you don't have a living grandparent around, there are entire communities of older individuals in nursing homes who'd love a simple conversation with someone interested in what they have to say and where they've been.

There are also some who think their grandparents are too "old school" or "stuck in the past," regarding social issues and political matters. However, learning from others doesn't just include the good stuff —



COURTESY OF HANNAH ROBINSON

Columnist Hannah Robinson says spending time with her grandmother is mutually beneficial for both of them.

it can also mean learning what changes to make in your own life from their mistakes. We have the opportunity to learn from the mistakes of older generations — stopping history from repeating itself. Close-mindedness, intolerance and destructive opinions on the issues of race and gender are attributes common to those belonging to the baby boomer generation. By taking negatives and learning from them, we may have a chance to shift the direction of our country.

For many millennials, calling their grandparents is just another item on their very long list of things they'd rather not do. If we were to look just below "going to the DMV" and right above "finding a real job," our grandparents sit quietly, beckoning us to just pick up the phone. It hadn't dawned on me until my sophomore year of college how rare it was to have a close

relationship with grandparents. I'd spend large chunks of time talking on the phone with my grandmother or writing back-and-forth with my grandfather. After each conversation, I was left feeling inspired and comforted, feelings that are few and far between these days.

The strength, beauty and resilience of those who've come before us is an essential ingredient in creating a better future. That resilience not only reminds us of how strong we can be, but also how far hard work can take us. It's easy to let life blur the edges of what's important, but we must not forget that loneliness doesn't discriminate based on age — and sometimes a simple phone call can make all the difference.

Hannah Robinson is a senior communication studies major. Contact Hannah at robinsh1@dukes.jmu.edu.



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Mixed people shouldn't be erased or defined

SOPHIA CABANA | *liberté*



The U.S. is becoming a more mixed society. In 2010, about 7 percent of the 3.5 million babies born in the U.S. that year were born to parents of different races, according to The Washington Post. Furthermore, the Pew Research Center estimates that 14 percent of the babies born in 2015 were multiracial — double the percentage of only five years earlier, and triple the percentage of 1980. If race is becoming less black and white, our views about race must also become less so.

The singer-songwriter Halsey, who rose to rapid fame after her debut album, “Badlands” and a collaboration with the Chainsmokers, was born to a white mother and a black father. Halsey happens to be “white passing” and couldn’t relate to the

experiences of white or black children growing up. People often assumed her parents were both white, which caused them to react differently toward her once they met her father.

When describing her father in an Instagram post, she says how “in moments of fear I think about my father ... I think about how relentlessly he worked my entire life to make sure I always had everything I wanted. All of the interests he nurtured by working extra hours to buy art sets and violins and sewing kits ... I think about all of the things he sacrificed ... he brought me into this world without a single clue and somehow he managed to figure it all out.”

The disorienting thing about being multiracial is trying to embrace all the aspects of your heritage and avoid erasing one of your parents. For Halsey, who looks white but loves and respects her black father, it can be confusing when people try to undermine her connection to her father

and the black side of her family.

The issue of trying to connect to the entirety of your family is a struggle felt by mixed children of all kinds. According to Thien-Kim Lam, a blogger and the mother of a mixed Vietnamese-black daughter, it can be difficult to raise kids in a world that’s still racially conscious. As she said to The Washington Post, “It’s important to teach them to be proud of who they are. I see it as a chance to teach my daughter to accept her two parts, a new combination — half me and half of her dad, the perfect color in between.”

My own experiences have also led to an understanding of what it means to be multiracial. My father is a white, blue-eyed, blonde-haired man who looks like a viking, yet has a Hispanic-sounding last name. I inherited my

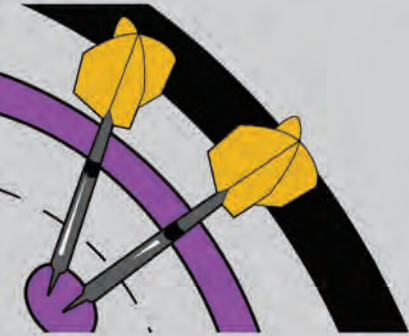
appearance from my Afghan mother, and yet I don’t really look Afghan either. When people guess my ethnicity, Italian, Spanish, Greek or Cuban are regular guesses, as well as Iranian or Armenian, and on occasion I’ve heard people guess mixes like half-

Hawaiian, half-Irish. In my early childhood, if I was ever asked to describe my race, I’d likely say “white,” but as I became more aware of myself and how I

“We need to begin seeing our ethnicities as a complex description rather than a category that can be summed up in one word.”

Sophia Cabana

appeared to other self-described “white” people, I began to call myself “half-Afghan,” which led to the homespun name I’ve made for myself: “half-ghan.”



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The thing I find fascinating is how my view of myself has changed throughout my life. From thinking nothing of my ethnicity to becoming acutely aware of it, from embracing one ethnicity to embracing the other, and eventually finding a deep love and appreciation for both, from seeing myself as strictly half-Northwestern European and half-Central Asian to realizing that I'm really not half-anything in particular. This realization is largely due to the fact that both of my parents recently looked into their genetics. I've discovered that being Afghan can mean being mixed in and of itself, so even though my mother comes from a completely Afghan family, that completely Afghan family is actually a complex mix of three different ethnicities that belong to three different races: Central Asian, Persian and South Asian, with traces of countless other ethnicities mixed in as well. My father, as it turns out, is indeed Germanic and Celtic, but he also has far more Latin blood than we'd have ever suspected by merely looking at him.

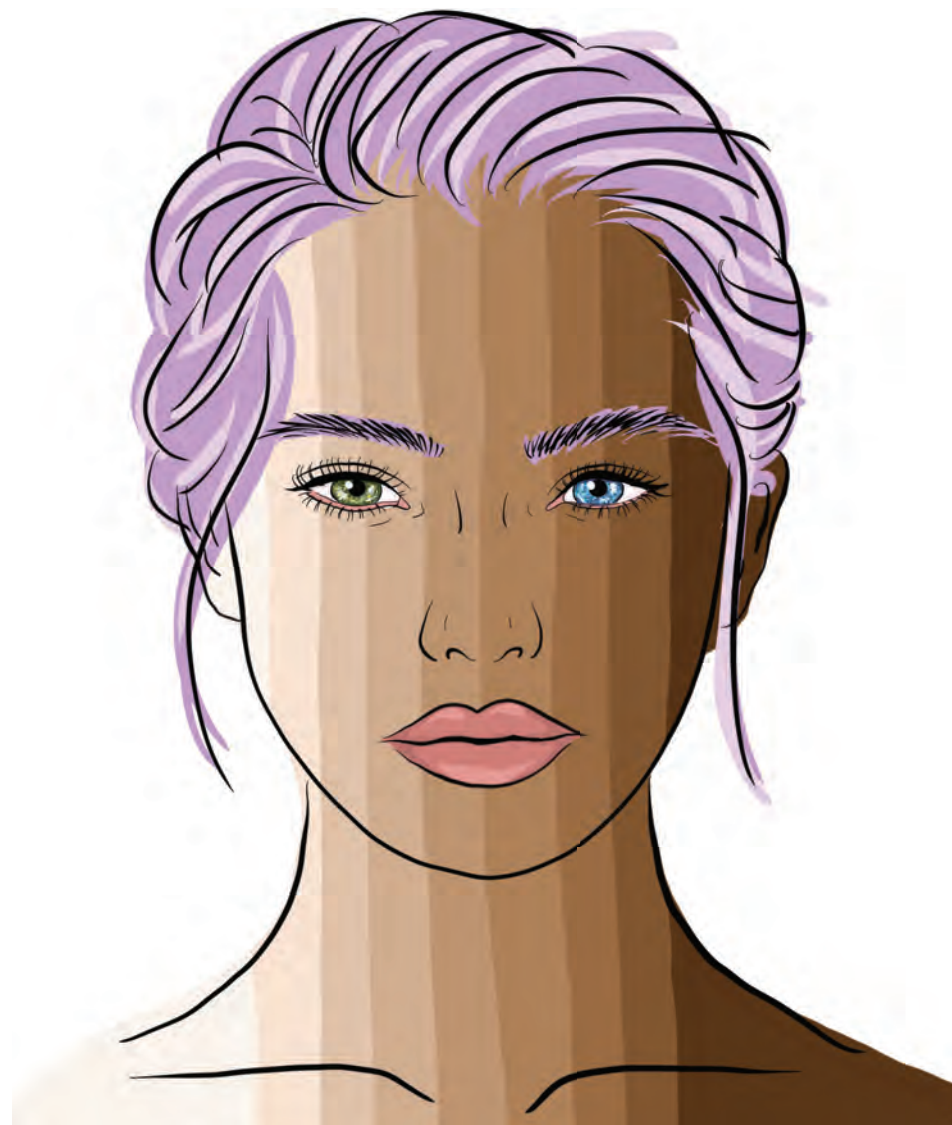
The realization that even people who've always considered themselves to be one ethnicity, such as my parents, are also somewhat "mixed" compared to how they originally perceived themselves has made me feel more secure about my own identity. I realized that different ethnic groups have been mixing forever. These people wove themselves into my family tree and eventually lent their genes to create me, and I'm merely the result of centuries of mixing, trading, traveling and human migration.

In the span of a few generations, this gradual mixing that's beginning to manifest in the U.S. will give a new and beautiful flavor to what it means to be American. There's no reason to give up any of the things that form your heritage, and there are many reasons to love yourself and those around you, not despite the things that make you different, but because of them.

If the U.S. is becoming a society in which race is less clear-cut and diversity is more widely accepted, then it's crucial that we accept all the parts of who we are, not just half of ourselves. It's important for people to recognize that bringing new blood into a family doesn't result in a loss of old heritage.

As a culture of many cultures, we must come to understand that pieces of our ancestors live within us, that a thousand unique ancestral faces from a thousand different lands can all manifest within a single human being and that nobody should feel as if they have to choose some ancestors over others. We need to begin seeing our ethnicities as a complex description rather than a category that can be summed up in one word. Erasing or oversimplifying the identities of mixed people will only lead to a lack of appreciation for our ancestors and a lack of openness with our descendants. The story of America is one of great complexity and diversity, so we shouldn't expect our personal stories to be any different.

Sophia Cabana is a freshman history major. Contact Sophia at cabanasl@dukes.jmu.edu.



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ALEXIS MILLER / THE BREEZE



BROOKE IMPERIAL / CONTRIBUTING PHOTOGRAPHER

Waffle wagon

Waffle Yum food truck serves gourmet Liege waffles in Harrisonburg

By **KAILEY CHENG**
The Breeze

Stopped on the side of a gas station parking lot, the sweet smell of baking dough dances around a bright blue truck. People gather around the window to place their order and receive a charming treat — a delectable Liege waffle, right out of the iron and picture perfect. Fluffy whipped topping is spread, and forks and knives dig in.

The food truck, Waffle Yum, catches the eye and provides a unique-tasting waffle. Gourmet and homemade by local couple Dave and Renae Eaton, these Liege waffles come out hot and freshly made.

The truck is based in Harrisonburg and



ALEXIS MILLER / THE BREEZE

Waffle Yum uses imported pearl sugar in the dough and has over five waffle treats to choose from.

moves around to different locations, including the Exxon gas station at the corner of University Boulevard and Reservoir Street. The idea for the truck started with one waffle-loving couple. Plus, Dave enjoyed working with the food business,

and wanted to expand his horizons.

“The truck was something that would give my husband, Dave, more freedom and more potential to work for himself,” co-owner Renae Eaton said. “We landed on the food truck, and

Dave just wanted waffles. There are successful waffle trucks in the country, which gave him the confidence that we could do it.”

The City of Harrisonburg was an ideal location for the couple, as Waffle Yum is the only waffle truck in the area. However, the waffles at Waffle Yum are different compared to others. They possess a unique flavor because of their ingredients and the way they’re made.

“If you’ve ever been to the truck, it’s not like the waffles you fix at home or get at Waffle House,” Renae Eaton said. “It’s a dough-based waffle, and until people experience the waffle, they really have no idea what the truck serves. Still, they’re always pleasantly surprised on what they’re eating.”

see **WAFFLE**, page 18

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WAFFLE | Couple serves variety of hot and crunchy Liege waffles from truck



ALEXIS MILLER / THE BREEZE

BROOKE IMPERIAL / CONTRIBUTING PHOTOGRAPHER

A local Harrisonburg couple decided to bring an authentic Belgian breakfast meal to the community. Using special ingredients to create the waffles makes this waffle truck stand out from the rest.

from page 16

Although the base for each waffle is the same, it's the toppings that change the flavor. Some are topped with fruit for a refreshing taste, while others are more savory and include bacon and egg. It's a Liege waffle, named after Liege,

Belgium, where the recipe was first developed. Its dough is made with nuggets of imported pearl sugar, which gives it its flavor. Once the waffles are cooked, the sugar caramelizes, creating a crunchy and sweet exterior with the dough at its center. It's more like a pastry than a waffle.

"If you like fruit, then the Red, White and Blue

is the way to go," Renae Eaton said. "If you love peanut butter, then you're going to love The Elvis. More people have come back to tell us they loved the waffle when they've gotten The Elvis than any other waffle."

The sweet treats from Waffle Yum resemble the taste of an authentic Belgian waffle. Customers can also purchase their waffles frozen to heat up and enjoy in their own time.

"It's definitely more delicious and more filling," co-owner Dave Eaton said. "It's not what people think it's going to be. If you want to experience a true Belgian waffle, this is the location to come. If you've looked at all the different toppings, there's a variety of flavors to choose from."

The location of the truck varies, and one can find the hours of operation as well as their location via their social media on Facebook and Instagram. The pages also present photos of the waffles and upcoming events for the truck.

"One thing that stands out from the waffle truck is that their whipped cream is homemade," freshman history major Mary Connell, said. "The quality of the food is so much better than anything you could get at a store."

JMU students can receive a 10 percent discount until the end of March if they show their student ID card. The truck is within walking distance from campus and easy to find with its pop-out design.

"I would recommend the truck to JMU students, but I don't want the lines to get any longer," Connell said. "Everyone should make their way to the waffle truck at least once to try for themselves."

CONTACT Kailey Cheng at chengks@dukes.jmu.edu. For more on the culture, arts and lifestyle of the JMU and Harrisonburg communities, follow the culture desk on Twitter @Breeze_Culture.

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ALEXIS MILLER / THE BREEZE

While the truck's location changes, the Waffle Yum Facebook page frequently posts where it will be.

Dramatic destination

JMU student's play chosen for national theater festival

By **ABBY CHURCH**
The Breeze

As a wedding ceremony takes place, guests sit quietly and listen to the happy couple exchange vows. Meanwhile, another couple in the audience argues over the state of their union. The couple, who can get married now that legislation isn't holding them back, still hasn't, and one partner wants to know why. As the ceremony for the family member they aren't close with drones on, the couple tries to keep their conversation under wraps. This plot is the basis of senior sociology major Rose Nealon's play "Collateral Damage," which was recently selected to be read at the Kennedy Center American College

Theatre's National Playwriting Program at Indiana University of Pennsylvania held Jan. 16 through 20. The 26-year-old senior from Lacey Spring, Virginia, originally came to JMU straight out of high school, but ended up taking time off after her first year due to financial aid and her diagnosis with Lyme disease. After a few years, Rose came back to JMU to pursue her degree. This past fall, Rose took playwriting as a part of her creative writing minor. The class — taught by Ingrid DeSanctis, an assistant professor in the School of Theatre and Dance — focuses on the basics of how to write a play. As a part of the class, DeSanctis requires her

students to submit a 10-minute play to the festival for a grade so they "understand the complications of being a playwright." "Your conflict needs to be big enough to sustain 30 to 40 pages, and then when they get into advanced playwriting, their conflict and their primary action, [the]dramatic action needs to sustain 70 to 100 pages," DeSanctis said. "And so when they take basic [playwriting], I just want to put them into the impossible you know, like what is going to be impossible, what are you going to learn the most from? So they take one of their shorter plays and decide on expanding it into something more."

see **THEATER**, page 20



LOREN PROBISH / THE BREEZE

While taking a playwriting class for her creative writing minor, Rose Nealon was inspired to write about a lesbian couple. She submitted the play for a class grade not thinking it would be selected.

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THEATER

Submitted play focuses on gay couple and their relationship

from 19

Rose's play is from an assignment she had in class. The goal was for students to write a play based on a ritual, such as a wedding or funeral. Titled "Collateral Damage," the play tells the tale of two middle-aged lesbians quietly arguing during a 2:00 a.m. wedding ceremony for a family member they don't know well. Set in 2017, one of them asks the other why they haven't gotten married yet, especially because it's legal now, and the other is reluctant because of the historical and emotional baggage marriage carries.

This year, Rose was one of two JMU students to have their play selected for the festival, which was held Jan. 16-20. While the other student was unable to make the trip, Rose was able to attend.

As a sociology major, Rose says being thrown into the mix of a bunch of theatre majors was a different experience.

"There may have been other people who weren't theatre majors, but if they were, they were at least heavily involved in theater stuff and I haven't been here," Rose said. "I just took a playwriting class."

At the festival, auditions were held for all the plays selected to be read on stage. Rose said auditions lasted six hours and were a marathon of a process. Each of the 157 auditionees had two minutes to do a cold reading



COURTESY OF ROSE NEALON

Rose was present for the audition process and got to see the selected cast step into the roles she created in her play.

of an audition side they were given five minutes to prepare for. While playwrights don't usually have a say in the process after their play is put into publication, Rose was there to mediate the process. She loved watching her play be read and seeing the actors step into the roles she created.

"It was just fun to watch because the play I wrote — it's a comedy — and so seeing the actors really, I guess, lean into how ridiculous the setting is,"

Rose said. "I had one guy, it's set at a wedding, and the guy playing the marriage officiant was so funny. He just overplayed his part ridiculously."

While Rose's play didn't end up moving forward in the festival, she says she's ecstatic she was selected to go.

Andi Nealon, Rose's younger sister and a theatre major at William & Mary, was especially proud to see her sister be selected for the festival. As kids, her, Rose and her other sister, Ginger, used

storytelling as a bonding activity.

"We've all written plays and written stories our whole lives," Andi said. "That's one of ... me and my sisters' favorite things to do with each other and the fact that she wrote this really cool play that touched on a really important subject and got selected for a play festival in Pennsylvania ... that was really exciting, especially because I know — being a theatre major — I know how prestigious ... [it is] to get

your writing stuff out there."

Rose enjoyed her introductory playwriting class so much, she's taking the advanced version next semester. Citing her love for dialogue, Rose says playwriting has been her favorite class thus far out of her writing classes. DeSanctis has also enjoyed having Rose in her class.

"She really understands the foolishness of human behavior," DeSanctis said. "To write comedy is really hard, but she's just very funny, she's very witty, she's very clever, but her clever choices are still connected to the humanity of the character. So you really like her characters and can laugh with them versus at them, and I think that's very sophisticated."

Out of all the things she learned at the festival, the most important thing Rose stepped away with was the importance of awareness within the play.

"There was one thing they said that was really important, which was, 'You have to know why and what everything is happening in your play,'" Rose said. "You can't just be like, 'Yeah, kind of, that will work,' ... Know what you're doing."

CONTACT Abby Church at churchae@dukes.jmu.edu. For more on the culture, arts and lifestyle of the JMU and Harrisonburg communities, follow the culture desk on Twitter @Breeze_Culture.

Dancing Dukes



Club provides inclusive environment for different types of dance

SAMANTHA LINCZYC / THE BREEZE

By MARIA KEULER
The Breeze

Music bounces off the walls in the studio while eager students fill the room to attend dance classes and learn choreography from student teachers. With students' hard work and dedication, a new club was introduced to campus this year. The Dancing Dukes are creating opportunities for those who love dance to express their passion with no limits based on experience or skill. The organization, which makes having fun a top priority, aims for participants to be able to develop their dancing skills and perform in a

judgment-free environment.

After a full fall semester of Creating Excellent Organizations workshops through the Student Activities and Involvement Office, the Dancing Dukes officially began their practices this semester.

The club offers technique classes and teaches styles in contemporary, tap, hip-hop and jazz. The technique class consists of stretching, leaps, turns and a review on the basic fundamentals of dance. Each class is taught by designated student members who are most passionate about the particular style of dance they're teaching. They want those who take the class to learn their personal

style while performing their choreography, feeling the same rhythm they do.

"I have been thanked many times for deciding to start this club and it has changed my life seeing I've helped people grow and have experiences at JMU," Raquel Dash, a sophomore psychology major and president of the Dancing Dukes, said.

This club is a way for Dash to escape reality and live with the music she's dancing to.

Dash began dancing when she was two years old and wanted to continue her passion into college. Her favorite style of dance is tap. However, after teaching multiple hip-hop classes with the club, she's grown to love that style, too.

"Dancing allows me to explore the feelings and words that I cannot physically say," Dash said. "I feel free and relaxed when I am dancing and it has always been a major passion of mine."

Practices are held at UREC with flexible attendance — if you can't make a few of the practices, there's no penalty. Students of all levels can take classes each week. They can also pick and choose which classes they wish to attend rather than committing to a specific one. With each class focusing on a certain style, students typically learn a choreographed routine during practice.

continued PAGE 21

from page 20

As Dash says, the club’s motto is “come to one, come to all.”

Dash encourages those who share her love for dance to explore all styles and wants dancers to step outside of their comfort zone. They may find more styles they’re interested in.

“Everyone in the club is so passionate about dance or exploring dance,” Dash said. “We’re one big dancing family.”

The Dancing Dukes gives dancers a few hours a week to step away from their academics and busy schedules and to step in to a stress-free studio.

“The whole idea about the club is to have a relaxed, fun and safe space for all members,” Dash said.

The Dancing Dukes are looking to share its talent with all who are interested.

“I love the vibe,” Hannah Breen, a freshman theatre major and member of the Dancing Dukes, said. “I’ve been to one class so far and everyone’s so welcoming and laid back.”

Breen has been dancing for about 15 years. Like Dash, her favorite style is tap due to its high energy. Breen decided that the Dancing Dukes was the best way to keep dance in her life while balancing academics due to the club’s minimal commitment.

“I love nearly all aspects of dance, but performing is my favorite,” Skylar Solomon, a freshman psychology major and member of the Dancing Dukes, said.

She plans to be a part of the performance troupe, which consists of additional practices,

giving her the opportunity to perform throughout the semester. The performance troupe is an optional group for dancers who are interested in doing more performances in addition to an end-of-semester showcase. These particular students will also be performing at MadiTHON and Spotswood Elementary School.

Solomon’s favorite style of dance is contemporary. She loves the different styles of choreography she can explore within it and the genre of music to which she’s dancing to. She’s also involved with tap and hip-hop.

Solomon has been dancing all of her life and was looking to join a dance club in college. When she heard about the Dancing Dukes at its interest meeting, she felt it was a good fit due to the relaxed commitment. The club has given

her the opportunity to meet new friends who she shares a common interest with.

The Dancing Dukes aim to be an ideal club for students who share the desire to dance and are looking for a home away from home where they can learn choreography, improve their technique and showcase their abilities.

“Coming to class is a relief from stress and a place for people to be open and themselves,” Dash said. “There is no time commitment and it is solely here for people to make friends and do what they love — dance.”

CONTACT Maria Keuler at keulermc@dukes.jmu.edu. For more on the culture, arts and lifestyle of the JMU and Harrisonburg communities, follow the culture desk on Twitter @Breeze_Culture.



SAMANTHA LINCZYC / THE BREEZE

This new club works to create a stress-free environment where students can leave the studio with an open mind. No previous dancing experience is required and all students are encouraged to come out.

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Worth a shot

JMU art professor does photo series on jobs he'll never have



PHOTO COURTESY OF LAUREN WASELIK

One of Wightman's favorite photoshoots was pretending to be a gondolier in Venice, Italy.



PHOTOS BY LOREN PROBISH / THE BREEZE

Wightman wants to demonstrate that dreams don't have to die in adulthood — people can be anything they want. He has no intention of becoming a doctor but pretended to be one for the photoshoot.

By **ANDREA BRUSIG**
The Breeze

The phrase “fake it till you make it” rings true in Bill Wightman’s heart. Wightman, a professor of art education at JMU, became interested in the idea of “faking” years back. His love for visual and performance-based art helped him develop the idea for his series of photographs, “Careers I’ll Never Have.”

Wightman’s series has allowed him to experience the illusion of different career paths, even if only for one

day. He’s been photographed as a professional golfer, surgeon and even a gondolier in Venice, Italy.

“I think we all fake in some capacity just to navigate our lives — not necessarily lying, but not necessarily being who we really are,” Wightman said. “When I talk to people about this series, I often refer to that moment when your parents might say, ‘You could do anything you want,’ but you realize that we all get to a point where that’s not possible anymore.”

Wightman’s idea first took off at a Virginia art conference, where

he gathered his students around a grand piano and pretended to play for a group of interested listeners. Since then, Wightman decided to try faking multiple different careers. Some are careers he wanted to do as a child, while others are those he never imagined having. The first picture that began this series is one of Wightman posing as an airline pilot. He says this took the most effort to pull off — it took him four months to receive permission to be on an airport Tarmac.

“I think the pilot one is pretty close to my heart — I love traveling and

I love flying,” Wightman said. “But in every one of my pictures, you can look and find the fake. You can pick out what’s not real about it.”

Wightman took the pilot photos at Shenandoah Valley Regional Airport in an airplane full of missing parts, which is evident if the viewer looks closely at each photo.

However, that’s what makes this series so captivating to Wightman.

“I won’t ever be that,” Wightman said. “There’s this kind of excitement — my work has pushed me to ask the question, ‘What if?’ There are

moments where I’m trying to believe that I’m really in those careers.”

Wightman explains that he’s always careful not to offend anyone working in each profession, or make fun of it in any way. During one of his shoots, he pretended to be a pastor, and was worried people would interpret it as a joke.

Daniel Robinson, Wightman’s primary photographer and associate director of JMU’s Institute for Visual Studies, said the shoot was nerve-racking due to the seriousness of the occupation.

"We're there to give it some seriousness, and not to make fun of anyone," Robinson said. "But we're doing something that people will appreciate for what it is."

Robinson also photographed Wightman as an auto mechanic, concert pianist and professional golfer.

"It's a humorous look on being a person of a certain age, and having a lot of diverse interests and ideas, but realizing that they're probably not going to happen," Robinson said. "So for Bill, he reconciles that through his artwork ... He can live it out. I think what makes it more than just for fun is — it's relatable, people can understand it."

Wightman's most challenging photo shoot yet was in Venice, Italy, over the summer as a gondolier. Between a language barrier and buying the special outfit, Wightman was worried it wasn't going to work out.

"The gondolier culture is really closed, and they're a very select, tight group of people," Wightman said.

"For me to crack into that was really challenging. It was a really wonderful moment, but I knew once I did the photoshoot that things had just fallen into place. I remember walking through the town in the gondolier outfit, and people were saying 'buongiorno' to me. They thought I was a gondolier, it was the funniest thing."

Lauren Waselik, a senior studio art major, was one of the photographers for Wightman in Venice. She stood on a small bridge and photographed him from outside the boat.

"As a sophomore, I got to know Bill, and he's been the best mentor to me, ever," Waselik said. "So two years later, being able to be a part of the whole project was such an eye-opening experience. He's always given me so many opportunities, so I look to him as a mentor, but also as a future educator. I hope to embody what he does."

While Wightman has loved every second of

working on this series, he recognizes that it's not easy pretending to have these careers. He plans on continuing with the project, adding more exclusive careers within the next few years.

"This is risk-taking," Wightman said. "I'm ultimately wanting to end up with an image that reflects something that I can't do. There will be moments in the photoshoot where I'm failing as this career, but those moments of failure are ways to quickly assess and figure out what I'm doing wrong. I think that's why failure is really important in the arts. If you're going to do something — I know I can't do these things — but there is something to be said to listen to what you're passionate about. If you put all your energy into it, it's going to work out."

CONTACT Andrea Brusig at brusigap@dukes.jmu.edu. For more on the culture, arts and lifestyle of the JMU and Harrisonburg communities, follow the culture desk on Twitter @Breeze_Culture.



Sometimes Wightman's shoots force him to think outside the box and use his creativity. For instance, he took the pilot photo (pictured above) at Shenandoah Valley Regional Airport on the tarmac.

Coach O

JMU women's basketball head coach Sean O'Regan preaches positivity

By CATIE HARPER
The Breeze

There's more to being a coach than just strategizing. It takes hard work, determination and respect from those you're coaching. For JMU women's basketball, head coach Sean O'Regan has those qualities.

O'Regan's love for basketball started long before he came to JMU as an undergraduate student. He admired the game from a young age for its fluid, nonstop play, and by the time he reached high school, he knew he wanted to make a career out of basketball.

"It was in high school, I was drawing up plays and giving it to my head coach," O'Regan said. "I wrote letters to a bunch of coaches around the country. I basically had [in the letters], 'How do I become a coach?'"

Following different coaches' responses, he was faced with the decision of playing in college or becoming a team manager. Knowing his skills on the court would land him in a Division-III program, he chose the managing path to get involved with a school at the Division-I level — and that's how he ended up at JMU.

"I lucked out with my situation here at James Madison because it wasn't like 35 managers," O'Regan said. "It was, like, a couple of us, so I got an opportunity."

After graduating in 2003, O'Regan found himself working with the men's basketball program at the University of Evansville. After a few seasons, he made his return to his alma mater. O'Regan became an assistant coach under Kenny Brooks from 2007 to 2016. Following Brooks' departure for Virginia Tech, O'Regan was named the next head coach.

In only two seasons leading the purple and gold, O'Regan has already left an impact. He's led the Dukes to an impressive 39-16 record and a CAA title game appearance last season. The coaching style O'Regan brings with him is part of the reason for the team's success.

"I consider myself a — you'd have to ask the players — but a player's coach, in the sense that I try to see their perspective as much as possible,"



O'Regan said. "Part of my job is trying to develop them into more successful women when they leave here, so if I'm just a dictator type, I don't think you breed a whole lot of leaders."

Sophomore guard Kamiah Smalls has found O'Regan's coaching style to be filled with encouragement and understanding.

"I've never heard Coach O say anything negative to anyone, no matter if it was

the worst play in the world or the best play in the world," Smalls said. "He always has something positive to bring out of it."

For redshirt senior forward Tasia Butler, she's experienced different coaching styles throughout her college career. She started at Syracuse before coming to JMU in 2014. In Butler's time at JMU, she's noticed that O'Regan isn't like past coaches she's played for.

"I think my favorite thing about Coach O is basically the relationship we have," Butler said. "Coming from another Division-I school, I didn't have that bond with my coaches, so I couldn't walk into their offices and talk to them anytime I wanted to. It was more like a strict business relationship."

It's O'Regan's personality that's helped him gain the respect and admiration of his players. While he can be serious during games, his personality beyond the court is nothing similar.

"He's such a goofball," Butler said. "Even with his kids, it's games nonstop, and that's how he is with us. I honestly think that he's a father to us."

Butler isn't the only one who views O'Regan as a father figure. O'Regan himself compares being a head coach to being a parent. The weight of worrying about his players' safety has been somewhat difficult.

"I think carrying that — not burden — but the 'What could happen?' stuff," O'Regan said. "You're playing in practice, that's the easy part, but off the court, every night you go home and if one of the players does something, you're getting the call."

That parent-like relationship O'Regan has built with players has already left its mark. For Smalls, O'Regan has changed who she is, not only as a player, but also as a person away from the game.

"Coach O flipped my whole character around," Smalls said. "He's helped me to see and believe in myself in ways that I never thought I would be able to."

Butler believes that no matter where she is in life, O'Regan will always be there for her.

"As a person, I honestly feel like I can open up and trust more people than just my family," Butler said. "I can have another home away from home, and feel like I am loved. I am cared for regardless if I'm on the court or if I am injured."

For Butler, she's entering her last few months as a JMU athlete, but thanks to O'Regan, her time at JMU will stick with her forever.

"Coach O, I love you," Butler said. "It's a lifetime experience that I will never forget and I just want to thank him for that."

CONTACT Catie Harper harpercm@dukes.jmu.edu. For more basketball coverage, follow the sports desk on Twitter @TheBreezeSports.

Barron's legacy

JMU women's basketball senior Hailee Barron has played in 121 straight games

By **ELI JENNINGS**
The Breeze

Sunday afternoon, the JMU women's basketball team won its 10th straight game. The team has been incredibly consistent of late, but one player in particular has been displaying these qualities for much longer than that: senior guard Hailee Barron.

"Her presence is everything," head coach Sean O'Regan said. "The intangible stuff is how I describe her game. She's had so much experience with a staggered screen or a cross screen or this style of play or that style of play. She's almost like a security blanket for me on the court — I just know she's going to do the right things."

Barron's level of experience and consistency is no small feat, and the numbers back it up. As of Sunday's win over College of Charleston, the Vermont native ranks sixth all-time in consecutive game appearances with 121 games.

"I just think it takes a special kid to get on a consecutive game streak,"

O'Regan said. "It's not just games — if you look at all that we do in the springtime, summertime, [fall]time — for her to keep coming every day and never say, 'Oh, my knee hurts' is special."

That level of consistency and resiliency is hard to come by, and her teammates have taken notice.

"She'll do anything and everything to win," junior guard Logan Reynolds said. "Regardless of if it's checkers or rock-paper-scissors, she wants to get the win. She's probably the most competitive human I've ever met."

Her drive has allowed her to take the court in big moments for four years. Starting shooting guard then-senior Ashley Perez went down with an ankle injury halfway through Barron's sophomore season. Barron took the floor and finished the game with five 3-pointers and a pair of free throws that sealed the close win.

"That's 17 points I'll never forget," O'Regan said.

Speaking of 3-pointers — Barron has left a mark in JMU's record books there as well. She stands at 10th all time in made 3-pointers, so it comes as

a surprise that long-distance shooting hasn't always been her calling card.

"I didn't really focus on it until I got to college," Barron said.

"I played point guard up until I got here.

Vermont's very small, so I was always one of the tallest while also having the ball in my hands the majority of the time. I was always able to shoot 3s, but it wasn't ever like, 'Oh she's just a

3-point shooter."

That all changed when she got to Harrisonburg; with more emphasis on spot-up shooting, Barron developed into one of the most lethal threats from beyond the arc in program history. However, the program itself is what's made her experience so memorable.

"Our whole word this year is, 'family,'" Barron said. "Everybody cares for one another. I have a lot of friends who play for different schools and the way they talk about their programs compared to what I experience here — you can't even compare them. How close we are with our coaching staff, how close we are with everybody behind the scenes — everybody cares about what you're doing on the court but also what you're doing outside of basketball, too."

This sentiment has come to define JMU basketball, and it starts at the top. O'Regan also hails from Vermont and

shares a special bond with the senior shooting guard.

"I've always had a special connection with her," O'Regan said. "We're both from Vermont. There's one area code in the state and everybody jokes about it, but we love it. We're heading up there for a tournament later this year and we're staying at her family's house."

Barron made her collegiate debut on Nov. 14, 2014, against No. 23 UCLA, and ever since that win, she's been building a legacy at JMU. As her time on the court draws to a close this winter, there's a lot of respect to go around.

"The type of kid she is ... she's a do-whatever," O'Regan said. "She's a team player, you know, all those kinds of cliches. That's who she is and that's why I think she's so special. She's a great teammate to have, and she makes such an impact on these kids."

CONTACT Eli Jennings at jenninel@dukes.jmu.edu. For more basketball coverage, follow the sports desk on Twitter at @TheBreezeSports.

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Defend the crown

JMU lacrosse prepares
to defend
CAA championship

By **HARRY HOLTZCLAW**
The Breeze

If you went to a JMU lacrosse game last year, expect to see familiar faces on the field this season. The Dukes return eight of their 10 starters from last year's CAA championship team that made it to the second round of the NCAA tournament, where it fell to No. 4 Penn State 19-14. Of those returners, the Dukes are led by four seniors who highlighted the Preseason All-CAA team.

"Having a huge senior class is really helpful on and off the field," senior midfielder Haley Warden said. "Our class does a good job at making the freshmen feel really comfortable. It allows us to have great connections on the field."

Warden was honored with CAA Preseason Player of the Year. The star midfielder was the CAA Player of the Year in 2017 after leading the Dukes in caused turnovers, ground balls and draw controls. Three seniors, including midfielder Elena Romesburg, defender Rebecca Tooker and attacker Kristen Gaudian round out JMU's preseason All-CAA honors. The quartet of seniors is a big reason the Dukes were the preseason favorites to win the CAA for the second-consecutive year.

Former goalkeeper Emily Poelma is one of the few graduates from last year's team. Expect junior goalkeeper Ellie Harmeyer to start the year in goal, with sophomore Molly Dougherty nipping at her heels for the starting job.

The Dukes will need all the senior talent they have to take on a relentless schedule that includes UNC, Penn State, Maryland and Virginia — all of which were NCAA tournament teams last year. Maryland and Penn State were both in the Final Four NCAA tournament with Maryland winning the national championship. The CAA also boasted two at-large bids last year in Elon and Towson and is expected to be among the nation's strongest conferences in 2018.

"I expect our conference to be able to produce at-large bids again," head coach Shelley Klaes-Bawcombe said. "The last couple years, this has

been the third or fourth best conference in the country, so there is a big opportunity to represent there."

Klaes-Bawcombe became the winningest head coach in JMU history last year when the Dukes defeated High Point — winners of the Big South conference — on Feb. 25.

Although the Dukes have plenty of returners bringing experience to the 2018 season, expect some quality playing time from some of the freshmen. Freshman attacker Katie Checkosky and freshman midfielder Charlotte Haggerty should see quality minutes as they join the Dukes after outstanding high school careers. Checkosky was selected to the U.S. Lacrosse All-American team as a junior and senior and Haggerty led John Carroll High School in goals as a senior. These two standout freshmen are accompanied by freshman defender Nicole Alecce, who comes from McDonogh School, a powerhouse in high school lacrosse.

Gaudian led the Dukes in goals last year with 53 and was quick to give the freshman standouts high praise.

"Checkosky and Charlotte are huge assets on the attacking end," Gaudian said. "Checkosky is seeing people really well from behind the net and Charlotte is really fast and helps a ton in transition."

JMU will open the year on Feb. 10 at home against UNC, who won the national championship two years ago and edged the Dukes 16-14 last year in Chapel Hill.

"A lot of us have a chip on our shoulders because we've been close to them in the last couple years," Tooker said. "We say with confidence that we will be able to make the Final Four this year and UNC is the first step to getting there."

CONTACT Harry Holtzclaw at paceba@dukes.jmu.edu. For more lacrosse coverage, follow the sports desk on Twitter at @TheBreezeSports.



BREEZE FILE PHOTO

JMU lacrosse junior midfielder Elena Romesburg (depicted in this photo from her freshman campaign against UNC-Chapel Hill) earned Preseason All-CAA honors after a strong 2017 season.

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Super Bowl LII

Who will win Sunday's matchup between the Philadelphia Eagles and New England Patriots?

By **JAMES FARIS**
The Breeze

Super Bowl Sunday is quickly approaching, and it's time to see who has the edge in the biggest football game of the year.

It's clear the Philadelphia Eagles and New England Patriots have had incredible seasons, boast impressive numbers and deserve to be in the position they're in. In the regular season, New England led the league in total offense as quarterback Tom Brady topped all quarterbacks in passing yards. The Patriots also finished first in the league in first downs per play and punts per offensive score while posting a top-five scoring defense and a top-eight red-zone defense.

Meanwhile, Philadelphia's offense excelled situationally, finishing in the top three in third-down and red-zone execution. Defensive coordinator Jim Schwartz put the Eagles in the upper echelon defensively as well, as the unit was second in scoring defense and fourth in total defense and was third in limiting third downs.

However, the Eagles are favored to lose for the fourth-straight game and opened as the largest Super Bowl underdog in nearly a decade. It's no surprise their opponents are a heavy favorite, since the greatest coach and quarterback in NFL history are getting two weeks to prepare for a backup signal-caller. Sure, Nick Foles is coming off one of the best individual performances of the season by any player, but the chances of him duplicating it in a hostile environment against Bill Belichick's defense are slim.

The Eagles certainly have their work cut out for them, but hanging with the Patriots isn't out of the question. Last week in the NFC Championship, Foles and the Eagles shredded what was one of the best third-down defenses of all time last week, as Philadelphia converted on 10-of-14 third downs while Foles completed 26-of-33 passes and finished with three touchdowns and a passer rating of 141.4.

In New England's comeback win in the AFC Championship to defeat Jacksonville, Brady was remarkable as usual, making throws with pinpoint accuracy in the biggest moments of the game. What makes New England hard to defend is the bevy of playmakers at the hands of offensive coordinator Josh McDaniels. Five different receivers caught passes from Brady, who lost his top receiving target in tight end Rob Gronkowski in the second quarter.

The only way to beat the Patriots is with

a flawless, mistake-free performance on both sides of the ball. Philadelphia has the potential on paper to give New England serious problems, as did the Falcons in last year's Super Bowl, the Steelers in Week 15 and the Jaguars in the AFC Championship. All three teams were more talented and athletic than the Patriots, and all three came up short in the end.

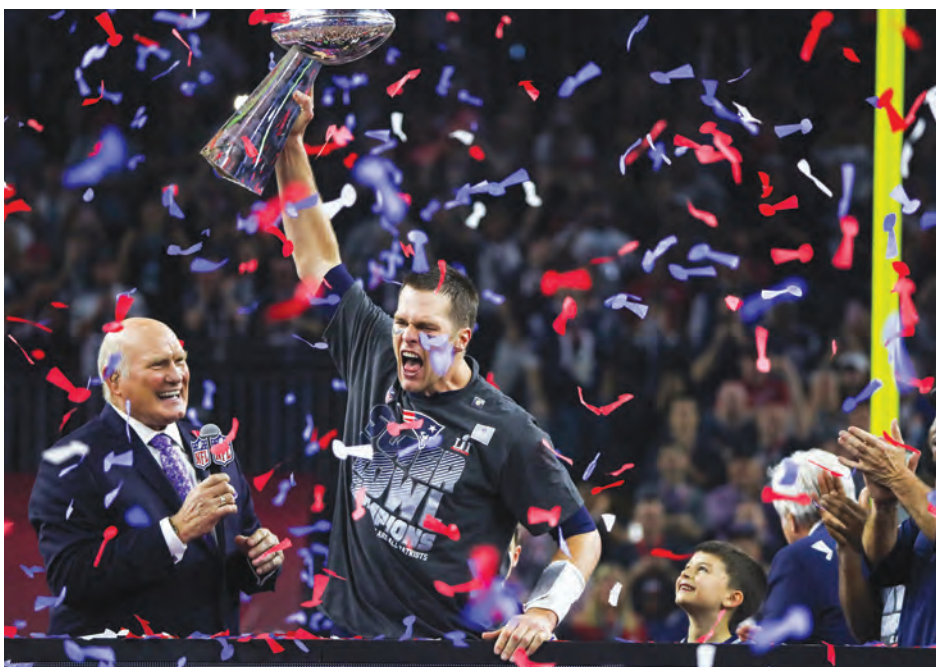
New England's combination of preparation and dedication makes it a difficult team to defeat, especially when opponents face the Patriots for the first time. According to FiveThirtyEight, "Since 2001, the year that Tom Brady took over as starting quarterback, the Patriots are 15-0 in the playoffs against a new opponent and 12-9 in a rematch from the regular season."

Great players can be accounted for, stingy defenses have holes and quarterbacks have weaknesses that can be targeted, but trying to stop a system is nearly impossible. The Eagles have the blueprint to compete with the Patriots, but even a flawless game from Foles and an incredible effort from the defense might not be enough.

I expect Philadelphia to pull back from its most emotional win in franchise history and come out with some nerves, which will lead to a mistake and an early New England lead. The Eagles will have some success on offense in the first half, but Belichick and defensive coordinator Matt Patricia will send pressure and make things tough for Foles. Brady and the offense might struggle to move the ball a bit on the first few drives of the game, but will find a rhythm toward the end of the half and will carry momentum into the break. After a low-scoring first half, the Patriots will hold a 13-7 lead.

While the scoreboard may not show it, New England will be comfortably in control as the two teams trade field goals and the Patriots will hold a 16-10 lead heading into the fourth quarter. As the game winds down, Brady and the Patriots will control time of possession by picking up key third downs en route to a commanding 23-10 lead. Foles and the Eagles may respond with a touchdown but will be unable to close the gap, and the Patriots will emerge with a 23-17 win and a sixth Super Bowl ring in 16 seasons.

CONTACT James Faris at farisja@dukes.jmu.edu. For more sports coverage, follow the sports desk on Twitter at @TheBreezeSports.

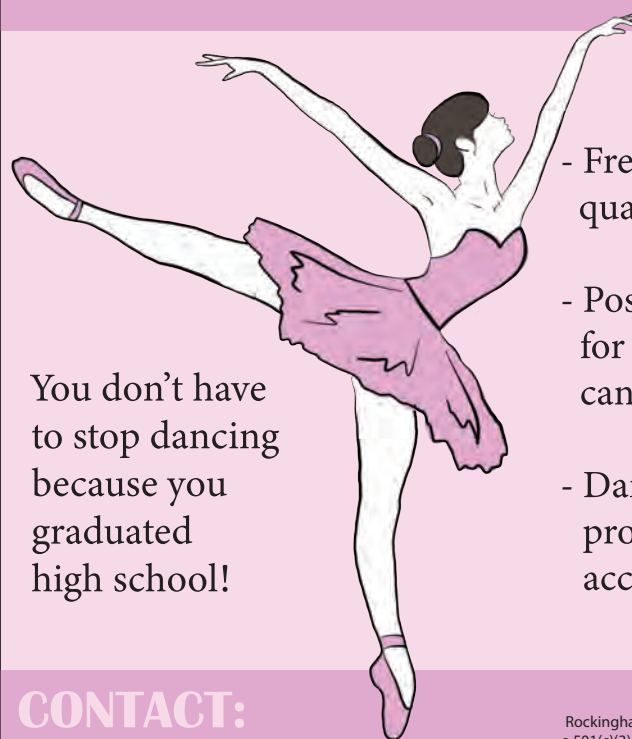


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Tom Brady has won five Super Bowls in his 18-year career as the New England Patriots' quarterback.

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Eagles defensive end Chris Long sports an underdog mask following a 38-7 win over the Vikings.





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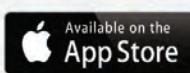
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King Crossword

ACROSS

- 1 Shopper's aid
- 5 "— and Circ-umstance"
- 9 Frenzied
- 12 Sandwich treat
- 13 Vicinity
- 14 Rocks
- 15 Teeny
- 17 Gun lobby org.
- 18 Thwarts
- 19 Bad lighting?
- 21 Conversation starter
- 22 "Olympia" artist
- 24 Knighted woman
- 27 Stashed
- 28 Carey or Barrymore
- 31 — Baba
- 32 Literary col-lection
- 33 Before
- 34 Carte
- 36 Doctrine
- 37 Exercise tar-get
- 38 Bygone airline
- 40 On the other hand
- 41 Top story
- 43 Critter
- 47 Slithery squeezer
- 48 Twins' home
- 51 Flightless bird

| | | | | | | | | | | | | |
|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | | 5 | 6 | 7 | 8 | | 9 | 10 | 11 |
| 12 | | | | | 13 | | | | | 14 | | |
| 15 | | | | | 16 | | | | | 17 | | |
| 18 | | | | | | | | 19 | 20 | | | |
| | | | 21 | | | 22 | 23 | | | | | |
| 24 | 25 | 26 | | | 27 | | | | 28 | | 29 | 30 |
| 31 | | | | | 32 | | | | 33 | | | |
| 34 | | | 35 | | 36 | | | | 37 | | | |
| | | 38 | | 39 | | | | 40 | | | | |
| 41 | 42 | | | | | 43 | | | 44 | 45 | 46 | |
| 47 | | | | | 48 | 49 | 50 | | | | | |
| 51 | | | | | 52 | | | | 53 | | | |
| 54 | | | | | 55 | | | | 56 | | | |

- 52 Tied
- 53 It's tied
- 54 Aachen article
- 55 — good example
- 56 Former frosh
- 8 Song of praise
- 9 Troubadour
- 10 High (Pref.)
- 11 Campus big-wig
- 16 Schuss
- 20 Crimson
- 22 Capital of Belarus
- 23 Leading man
- 24 Weir
- 25 Hearty quaff
- 26 Labyrinth beast
- 27 Groundbreak-ing musical
- 29 Historic time
- 30 Charlotte's creation
- 35 Submachine gun
- 37 Pats down
- 39 Pinnacles
- 40 Inseparable
- 41 Sleeping
- 42 Heavy reading
- 43 Kournikova or Karenina
- 44 Stereo alter-native
- 45 On
- 46 Wood strip
- 49 "— had it!"
- 50 Profit

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MADISON MARKETPLACE

Madison Marketplace is open for business, and all text-only listings are **FREE!** Post job listings, announcements, rentals and more using our online placement tool. Ads run two weeks online and in two print editions.

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Weekly SUDOKU

by Linda Thistle

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | 2 | | 5 | | | 1 | |
| 1 | | | 9 | | | 7 | | |
| | 3 | | | | 4 | | | 9 |
| 4 | | | 3 | 9 | | 8 | | |
| | 6 | | | 2 | | | 4 | |
| | | 8 | | | 1 | | | 6 |
| | 8 | | | | 3 | 5 | | |
| 7 | | | | 4 | | | 9 | |
| | | 5 | 1 | | | | | 3 |

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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